



HOME INTERESTS



Wartime Economies

SO many individuals are bringing forth various new theories on the subject of wartime economies that the average housewife is in a hopelessly bewildered state of mind, not knowing quite where she stands.

This one states that we should shut down on all clothing; that we should wear our shoes until they are literally falling to pieces, having them resoled and patched time and time again, as long as they will hold together; that our stuffs and frocks should be worn until threadbare and our underwear should be mended and patched till the last stitch gives way.

The other one tells us that we should cut out all luxuries such as automobiles, theatres, music and amusements of all kinds.

Then there are thousands of theories, both practical and impractical, on the subject of saving on food.

We must not get into hopeless confusion with all this talk, however.

We must keep reason clear and steadfast, and use our common sense as best we can in the midst of all alarms.

Now, if you stop to consider, you will realize that if men and women stop buying clothes, or, at any rate, if they wear their things so long that their purchases are made only one-fourth as often as formerly, it will simply mean that the big manufacturing houses will turn away thousands of workers, as the demand for clothes becomes less and less frequent.

With thousands out of work, poverty and misery will come to thousands more. Many smaller industries would be obliged to shut down entirely if this sort of economy were generally adopted.

Just remember this before you decide to follow any theories for wartime economy—Any measure which stops money from circulating means financial panic and national poverty.

We must keep our money circulating in a normal way or the whole country will suffer the consequences.

Therefore almost all the suggestions as to patching and mending our clothes, so as to make them last years, are in reality impractical and ruinous to the nation at large.

And if the nation suffers financial depression it means that each of its citizens will feel it.

So discard any idea of making this kind of saving. Of course, this does not mean to be wilfully extravagant with your wardrobe. Not at all. Take good care of the clothes you buy, and wear them as long as they are serviceable and attractive.

Act in just the same way in buying your wardrobe.

Don't wear them either too long or too short a time. Keep your money circulating as it has always done.

The elimination of luxuries depends on your financial circumstances.

If you have always been able to afford an automobile and seats for the theatre, the opera and concerts, there is no reason why you should do without them now. That also would mean that thousands of workers would be thrown out of work.

It also depends on what you call luxuries. To thousands of individuals music is almost as essential as enough food.

Indeed, there are a number of music lovers who would prefer to do with less to eat rather than go without good music.

The same statement applies to painting and sculpture. Those who love fine paintings should buy them as much now as in former years when they felt they could afford it, without consideration of the war conditions.

After all, the money that we pay into the theatres, concerts and operas is only used by the actors and musicians for clothes, food, etc., which keeps that much coin circulating through the country.

So let us strive to remain as normal as possible, leading much the same lives as in former years.

Let us wear as many clothes, patronize as many arts and keep as much money going on its rounds as we did before the war cloud appeared to darken our horizon.

Only in one respect should rigid economy be practised, and that is with regard to food.

It does not matter how little money we spend for food, because what we do not use will be bought by our Allies.

Our country is rich in produce, but it is not rich enough to support our Allies' armies, our own army and navy, and at the same time to keep up the enormous wastage going on so regularly in the American kitchen.

Should Woman's Business Career End After Marriage?

By ANNETTE DUMONT.

SHOULD a woman continue in business after marriage?

This question is always an absorbing one. Some profess to find in it a satisfactory solution of "How to be happy though married." A popular woman's magazine once published a number of letters from married women who have tried to continue in business. Of the three women who glory in their success, one conducted a physical culture department in a Y. W. C. A., another taught school and a third converted her home into a sort of factory where she manufactured some article of women's wearing apparel at considerable profit. Three other women report only dismal failure and blame the collapse of their homes, with their final endings in the divorce court, upon their business enterprise.

In such a discussion we cannot afford to lose sight of the average woman. There is a class of women who possess a talent for art, music and literature and who can pursue these within the home without interfering with their function as home maker. There may be a very few business women of such fine balance that they can continue their business activities after marriage but subordinate them to their prime occupation—housekeeping. But these women mentioned are the exceptions. They do not constitute the mass of women upon whom society must depend to keep the institution of home.

Stupid Blunder.

The average girl is a teacher, a stenographer, a bookkeeper, a clerk, not from any special aptitude for the work but because of the need of self-support. For her to continue to work after marriage merely to add to the family income seems like a stupid economic blunder, and what is more serious, causes a spiritual leakage in home life which no amount of material prosperity can repair.

It is hard to believe that any woman can pound a typewriter eight hours a day or pass six hours in the nerve-racking atmosphere of a school room and return at night to her home with enough vitality to supervise the home intelligently. It is hard to believe that enough conscientious servants can be found to carry on the mechanical work of these homes in the absence of their mistresses when the women who are always present in their homes complain that they cannot obtain efficient service. But one thing is certain—the woman who works the usual number of business hours is in no companionable mood at night. She returns at night an empty shell, no more capable of taking up the real role of homemaker than is a birdling.

No one can engage in two serious lines of business and do them both justice, and if homekeeping (not housekeeping, if you please) isn't a business, I don't know what is. Homekeeping is an art. We can name without difficulty scores of successful musicians, artists, writers and professional women, but who can name scores of successful homemakers?

We can no longer class as successful modern homemakers the patient, plodding stay-at-home women who keep their homes immaculate, their children well dressed and provide three satisfactory meals a day on schedule time. These duties were about all that could be expected of women in the days when every article, from the wearing apparel to the candlesticks, had to be made in the home.

But these are the days of vacuum cleaners and electric irons, of factory made



clothes, of public laundries and public housecleaning and window cleaning firms. Science is halving women's labors by preparing much of the food in factories. All this drudgery lifted from women leaves them free to devote themselves to some of the higher duties of real homemaking.

A house with all its inanimate paraphernalia is not a home. A woman is not a homemaker because she keeps up an eternal wrestling match with pots and pans and dusters and bric-a-brac. "Home" has the power to thrill us as no other word can, not because it rouses visions of well ordered rooms and spotless furniture and of immaculate, well mended clothes, but because it was the place where we found unfeeling sympathy and understanding, where we were rated far above our real value and so dared to hope and dream and aspire, the place where we saw a practical demonstration of all the virtues we know anything about.

To create such an atmosphere as this is not the work of an artisan but of a genuine artist. It requires in a woman all the physical strength, all the talent for management, all the judgment and originality, all the mental and spiritual qualities she can marshal. She will have to keep abreast of the times, mingle with the social world and attract that social world back into her own home. How, then, can her life be empty and her calling a lowly one? How can she find time to carry on a business successfully on the outside?

But, of course, the root of woman's discontent lies in the fact of her economic dependence. Because the work of her head, her heart and her hand cannot be rated in dollars and cents she sometimes finds herself in the absurd and unwarranted position of a household beggar. A man is well satisfied to hold down one position. His wife often carries on the joint duties of cook, seamstress and laundress, is expected to be a specialist on food values, raising children, laws of health and hygiene, to have all the qualities of a graduate nurse, to say nothing of her duties as spiritual adviser and as a practical exponent of the whole moral code. She must master domestic economy to such a degree that she can even "run a porterhouse steak establishment on a mutton stew income." For all these qualifications she receives nothing except what is given to her as a gift by her "lord and master." Is it any wonder that woman rebels—that she threatens to go on strike?

The story is told of a farmer of wealth who died without a will. His wife was, of course, entitled to one-third of the estate, but the man's relatives tried to deprive her of this by proving some technical illegality in the marriage ceremony. The woman then decided that if she had not been a wife all these years she had been a servant. So she brought in a bill for services at a reasonable wage. The court allowed the bill, and it took the entire estate to settle it.

Letters That Are Always Welcome

WOMEN who are addicted to the tactless habit of writing unpleasant news to friends or relatives may declare they are only doing right in thus stating facts, but such women are not by any means as conscientious as they think they are.

The distant relative or friend is indeed made glad by the receipt of a letter from home, and if it is to some extent a "make believe" missive, so much the better.

Don't Speed Bad News.

True, this or that member of the family may be ill or have experienced some business difficulty, but what possible good will it do to forward this cheerless news to our dear one, probably hundreds of miles away?

All things eventually become righted, and when our patient has recovered or his or her business prospects look brighter, then we may, if we care to, briefly touch upon the past trying event; but if we would spare those away from us a lot of needless worry and suspense we certainly should not advise them of any trouble occurring in the home circle.

Of course, in the case of any member of the family meeting with a serious accident or becoming dangerously ill, then we are in duty bound to immediately communicate the facts to those away from home but if the patient's indisposition is only trifling we should make no mention of it.

A bright, cheery letter brings joy to the heart of the person who receives it, and no matter how simple and uneventful a woman's life may be she can always find plenty of good news to relate.

Perhaps the garden is flourishing—she has just returned from a delightful vacation or some friend may be enjoying deserved success.

All these "items" make worth while news—indeed, the best information we can send to that dear one miles away.

The woman who finds life all dreary shadow is she who never looks beyond the clouds.

There's sunlight there, and lots of it, even though its coming may be a tiny bit delayed. Then why should the disappointed or dissatisfied woman weary those absent ones by detailing her woes? Hasn't she sense enough to understand that they, too, have troubles of their own?

If she cannot write in a strain that will, for the moment, make them forget life's cares and worries, then let her not write at all.

Women who have the least to make them happy usually appear quite satisfied. Some of these good souls can hardly make ends meet, but no one hears them complaining, and such women when they sit down to answer a friend's or relative's letter or postal always have some good news to send away.

The letter that relates only one's trials and troubles should never be mailed. Many a written word lives a long life. The woman who in a depressed mood puts her thoughts into writing makes a grave mistake. Later on she may be confronted with the missive, which will cause here not only embarrassment but pain.

The Tactful Writer.

When writing to those away from home or distant relatives or friends see to it that your letter fairly sparkles with cheer and good news. Bring a smile to the reader's lips and make him or her long to be with you to share the happy joys you tell about.

These are the kind of letters that go straight to the hearts of those who receive them. The vast majority of us have a full measure of cares and responsibilities to contend with, but every one of us can often think a happy thought or speak a good word and we should in all fairness pass it on.

Keep Calm on Hot Days

MOST of us, old and young, stout or slender, find these hot days most trying both to our general health and to our frame of mind.

It is old, but too true, that in hot weather hot words rise very readily to the surface. And it really seems as if persons lose their temper far more readily in summer than in winter.

The extreme heat seems to keep us irritated and annoyed. We become cross and angry over matters which seem but trifles afterward, when viewed in the light of reason and sound common sense.

Mental Hurry.

The heat and perhaps a burst of temper cause many sudden deaths from apoplexy, many prostrations from so-called sunstroke, etc.

If one could keep oneself cool mentally one would not suffer from the heat nearly so much. But that seems to be a very hard thing to do.

Certain rules should govern the behavior of each and every one as long as the hot weather lasts.

These rules, compiled by one of our eminent physicians, will help you to avoid heat prostration and all the other hot weather illnesses.

In the first place, never hurry in hot weather. Do not rush either physically or mentally!

Perhaps one does not at first quite realize what is meant by mental hurry. Yet you all have experienced it frequently.

When you leave home for the office and are late in starting you may not run on the street, but your mind is running.

If you miss a subway train or a car, instead of resigning yourself to the inevitable and waiting patiently for the next one, you fret and fume inwardly, consulting your watch every few seconds. When you are aboard your mind tries to push the train on faster. If it stops at a station or is delayed at all you are saying inwardly, "Go on," or "Why doesn't this car move?"

This sort of condition is mental hurry, and it is infinitely more fatiguing than physical hurry.

It heats the blood more quickly and tires you out much sooner than if you were to run or walk swiftly with your mind quite calm and unagitated.

Avoid mental and physical hurry in hot weather. Closely allied to mental hurry and also to be avoided is worry of all kinds.

Worry pulls you down physically in a short time and lays you open to sunstroke and to heat prostration. Wear loose clothes. So many girls

think they are wearing the ideal hot weather costume when they appear in the sheers and most transparent of frocks.

Thin clothes are all very well, if they are worn with loose stays and loose belts. But when the sheer frock requires a tight pair of stays and tight brassieres to make it fit well it should be avoided.

Have all your belts and girdles as loose as possible when the days are very hot.

Remember that first, then think of the sheerness of your frocks afterward.

Most important of all, perhaps, is your diet. You must eat regularly and substantially.

Do not fill up on ice cream sodas, etc., on warm days, for that will undermine your strength more quickly than will anything else.

Avoid the red meats and the fatty ones.

Beef and pork should be tabooed in hot weather, for both tend to heat the blood.

Iced broths of some good meat stock, fish or cold meat, nourishing salads—all these are the right kind of food for warm summer days.

Keep out of the sun as much as possible. Always cross to the shady side of the street, even if you have only a block to go.

It is folly to walk on the sunny side when the mercury hovers between ninety and a hundred.

Don't Talk "Weather."

Above all, do not keep talking about the weather.

To keep fanning yourself, to constantly talk and think nothing but heat makes it appear much greater to you.

Put it out of your thoughts as far as possible.

Think of other things and occupy yourself in other directions, and you will find that when others find the weather almost unbearable you are hardly uncomfortable at all.

FRAMED RECIPES.

Paste your favorite recipes on the cardboard of an old picture frame and hang it in the kitchen. The glass protects the items from getting dirty and torn and they are always ready for instant use.

TO SWEEP MATTING.

In sweeping a matted floor, cover the broom with the skirt of an old undergarment; this takes up the dust readily and saves wear on the matting. A bare broom soon makes the straw rough.

Weaving on a Loom Is Very Fascinating

THERE are three methods of making these lovely bead bags—knitting, weaving on a loom and making them on canvas.

The loom method is fascinating. It is the primitive Indian method and the work goes quickly. The loom can be purchased at art departments, in toy stores, and is inexpensive. The bags done on the loom are done in strips about thirty beads wide and then the strips are joined together.

The loom has two notched crosspieces, A and B (see illustration), over which the warp threads are strung, and a roller (C) to which the warp threads are fastened, and on which the finished work, in the case of a long piece, is rolled.

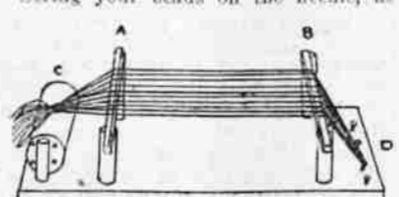
Use a buttonhole twist for the warp threads. Cut one more warp thread than there are beads in the width of the pattern and be sure to work with long warp threads. Knot the threads together at one end and fasten them to a nail in the roller. Then stretch them over the two crosspieces, pressing them down in the notches in the crosspieces and pass them through the holes at the end of the loom (D), where they are held by wooden pegs. Be sure the warp threads are even and of a uniform tightness. Then you are ready to weave.

Use a No. 12 or No. 14 bead needle, threaded with letter A machine silk. These needles are long and flexible. Use a long thread. Tie the weaving thread to the outside warp thread on the left side. Hold the loom with the roller away from you and with the needle and weaving thread under the warp thread.

String beads for the first row of the design. There will be one less bead than there are warp threads. Press the bead's up between the warp threads, one bead

in each square. Then pass the needle back through each bead, being sure that it is above each warp thread. Draw weaving thread close. Then you are ready for the next row.

String your beads on the needle, ac-



cording to design, pass it under the warp threads, press the beads up through and pass the needle back through the beads. The design grows quickly. When you have finished the length of the loom and wish your work to be longer, as in the case of a belt, wind the completed work on the roller, arrange your warp threads and continue as before.

In making a bag the length of the loom is usually sufficient for the depth of the bag. You divide the width of the bag

into sections and weave strips. Then when the strips are finished they are joined together by passing a thread back and forth through the end rows, being careful that the thread used is above the warp thread. The joint will not show.

Suppose you have a design for a bag and wish to weave it on the loom. Suppose your design is ninety-nine beads wide. Divide it into three strips of thirty-three beads each, and follow the design exactly in each strip. Then when you join the strips the design will be perfect.

When you remove the strips from the loom tie the warp threads at top and bottom back in pairs to prevent the beads from slipping back. A good way to do after you have tied them securely is to go over the edge with a buttonhole stitch.

Be sure to have the beads of uniform size if you wish your work to be smooth and to have a straight edge, which is essential to a good joining. These bags are prettiest lined with a harmonizing silk and with a silk beading and draw strings.

Something About French Cookery.

THE value of herbs in cookery is realized by the French cook. It is through the use of these, always obtainable, fresh or dried, and condiments and spices that he is able to obtain the palate inspiring flavors.

First there is the kitchen bouquet, usually a few branches of parsley stalks, a bunch of soup celery, a sprig of thyme, a blade or two of bay leaf, all pressed together with a few whole cloves in the

centre and tied with a string. Also, there is the sweet herb flavoring for sauces, soups and stews which is made as follows:

Remove the stalks from an ounce each of dried thyme, marjoram, sweet basil and bay leaves and pound together with an ounce each of grated nutmeg, white pepper, ground mace and cloves. Rub the whole through a sieve and place in a closed jar.

Automobile Sunshade-Umbrella



A WATERPROOF Japanese sunshade, used as an automobile accessory, was a new style note launched at a recent event at Sheephead Bay. Mrs. Benjamin S. Guinness, who is the sponsor for this clever idea, carried a very pretty one when she accompanied her husband to this event. It looked very smart while the car was running along, as she held this Chinese weather protector over her. "It is light in weight and strongly built," Mrs. Guinness was heard to explain. "It can be used for rain or shine, for this parasol-umbrella works both ways. It is made of a sort of rubberized silk, I believe, a rather lighter material, but very similar to the kind used in sea-planes."

Her coat was also very effective, made of doe ornamented with white kidskin. Her hat, with mercury wings, was made of the same material.